



Routine For: Beginning Steps
Created By: Healthy Utah

Oct 21, 2009
Upper Body Strength Training

Program Instructions

Begin each session with a short warm-up to get the blood circulating and muscles warmed up.

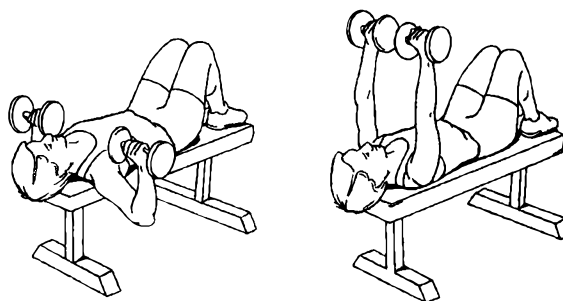
Make sure you do full range of motion and move through the exercise slowly.

Pick a weight that challenges you so that your last 1-2 repetitions are difficult, otherwise you need to increase your weights.

Finish your workout with 5-10 minutes of stretching. Stretch all the major muscle groups.



CHEST - 15 Bench Press (Dumbbell)

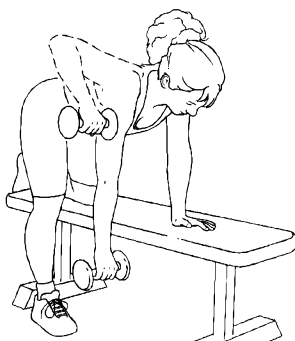


Press to straight arms.

Do 2 sets. Complete 12 repetitions.

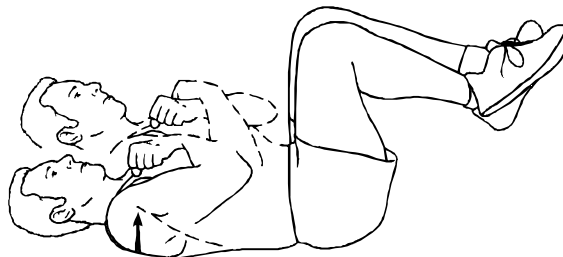
BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest, keeping elbow close to body.



Do 2 sets.
Complete 12 repetitions.

ABS - 11 Crunch: Raised Leg

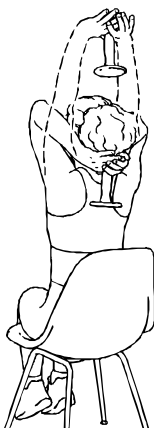


Arms crossed, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 2 sets. Complete 12 repetitions.

ARMS: TRICEPS - 6 Extension: Sitting – Back Support (Dumbbell)

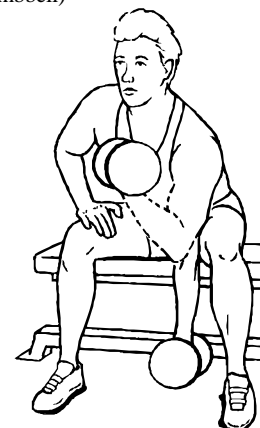
With back supported, straighten arms, keeping upper arms close to sides of head.



Do 2 sets.
Complete 12 repetitions.

ARMS: BICEPS - 12 Curl: Sitting Single Arm, Concentration (Dumbbell)

Curl arm toward shoulder, bracing upper arm against inner thigh and keeping upper arm perpendicular to floor.



Do 2 sets.
Complete 12 repetitions.



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		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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